

CODEPENDENCY QUESTIONNAIRE

- ___ Yes ___ No 1. Did you grow up with alcoholism or addiction, or did you experience neglect, abandonment, or physical, emotional, or sexual abuse?
- ___ Yes ___ No 2. When you were growing up, did it feel like it was your responsibility to make a parent happy, and if she/he was not happy, it was your fault?
- ___ Yes ___ No 3. Do you find it impossible to say no to requests, then feel resentful when you get overwhelmed?
- ___ Yes ___ No 4. Do you get involved in other people's problems even if they don't ask for your help?
- ___ Yes ___ No 5. Do you often find yourself in relationships in which you become the caretaker for the other person?
- ___ Yes ___ No 6. Do you have problems identifying feelings or find yourself trying to avoid feelings?
- ___ Yes ___ No 7. Do you tend to take responsibility for other people's feelings or actions?
- ___ Yes ___ No 8. Are you a "people pleaser"?
- ___ Yes ___ No 9. Do you take criticism (even if it's constructive criticism) personally and feel like you're being attacked?
- ___ Yes ___ No 10. Have you gotten into a relationship and then later found out that your partner was an alcoholic, addict, or other compulsive personality?
- ___ Yes ___ No 11. Do you have problems with intimacy (emotional or physical)?
- ___ Yes ___ No 12. Do you feel like you are constantly looking for "the answer" from other people, activities, self-help books, etc.?
- ___ Yes ___ No 13. Are you extremely critical of yourself and/or others?
- ___ Yes ___ No 14. Do you try to anticipate the needs of others and wonder why they don't do it for you?
- ___ Yes ___ No 15. Do you worry a lot, particularly about other people and their problems?
- ___ Yes ___ No 16. Do you have difficulty trusting yourself or others?
- ___ Yes ___ No 17. Do you find it difficult to accept compliments?
- ___ Yes ___ No 18. Do you feel guilty when you do something for yourself?
- ___ Yes ___ No 19. Do you try to control how other people act?
- ___ Yes ___ No 20. Do you ignore the problems in your life and pretend things are better than they are?
- ___ Yes ___ No 21. Do you take yourself too seriously?
- ___ Yes ___ No 22. Are you afraid of your own or others' anger?
- ___ Yes ___ No 23. Are you extremely responsible or extremely irresponsible?
- ___ Yes ___ No 24. Do you allow yourself to be hurt in relationships and accept behavior from your partner that you said you would not accept?
- ___ Yes ___ No 25. Do you constantly give to others and feel uncomfortable when others give to you?
- ___ Yes ___ No 26. Do you often feel used?
- ___ Yes ___ No 27. Do you feel like you're not good enough?
- ___ Yes ___ No 28. Do you have difficulty relaxing and having fun?
- ___ Yes ___ No 29. Do you wait to find out what other people think before you share your own opinion?
- ___ Yes ___ No 30. Are you afraid that others will leave you and tolerate abuse so that they will stay?

For Official Use Only:

Score ___/30 Risk of codependency: Low

High